

Course Unit: 956340 – IV Option - Functional Reeducation

Year 2 Semester 2 ISCED Code: 726 ECTS: 4,0

Type of Course Unit: Optional Delivery Mode: Face-to-face Language of Instruction: Portuguese

COURSE COORDINATOR: Nuno Eduardo Marques de Loureiro

HOURS OF WORK

TOTAL HOURS	Contact Hours							Hours in autonomous work	
	Theory	Theory and practice	Practical and laboratory work	Field work	Seminar	Internship	Tutorial guidance		Other
100	15	15							70

Prerequisites (if applicable): <<Max 500 characters with spaces>>

LEARNING OUTCOMES (knowledge, skills and competence)

- Know the concept of Functional Reeducation;
- Know the main objectives and phases of physical rehabilitation;
- Distinguish between physical rehabilitation and functional rehabilitation;
- Understand the importance of the physical exercise and integrated functional training in physical rehabilitation;
- Know the palpatory anatomy and kinesiology of the main articulations of the human body;
- To know and to apply basic techniques of evaluation and correction of muscular dysfunctions;
- Plan and prescribe a set of techniques and exercises for functional rehabilitation in its different phases and components.

CONTENTS

- Principles of Rehabilitation;
- Principles of Training for Functional Rehabilitation according to the OPT model and Corrective Exercise Training from NASM;
- Training components to be included in an integrated functional rehabilitation program - Flexibility Training, Proprioception Training, CORE Training, Strength Training and Reactive Training;
- Palpatory Anatomy, Kinesiology and muscle tests for ROM assessment and imbalances:
- Foot and Tibio-Tarsal joint;
- Knee Joint;
- Hip Joint;
- Lumbar, Dorsal and Cervical Spine;
- Shoulder Joint;
- Elbow Joint;
- Wrist Joint.
- Mechanisms of the most common injuries in sport and their functional rehabilitation:
- Foot and Tibio-Tarsal joint;

- Knee Joint;
- Hip Joint;
- Lumbar, Dorsal and Cervical Spine;
- Shoulder Joint;
- Elbow Joint;
- Wrist Joint.

DEMONSTRATION OF THE CONTENTS COHERENCE WITH THE COURSE UNIT'S LEARNING OUTCOMES

Based on anatomical knowledge, seeks to know in depth the articulations and muscle groups most relevant in the human movement in order to know and potentiate the ways to evaluate and prescribe exercises for functional rehabilitation.

TEACHING METHODOLOGIES

During the sessions the work may take on the following dimensions: Lectures and practical classes in pairs or pedagogical trios.

DEMONSTRATION OF THE COHERENCE BETWEEN THE TEACHING METHODOLOGIES AND THE LEARNING OUTCOMES

The theoretical and practical nature of this curricular unit justifies the use, in a complementary way, of active methodologies with a strong practical component associated with theoretical exposition frequently used with audiovisual media, as well as bibliographical research.

The presentation practice by the students to the group-class of the conducted research results, in an autonomous way and supervised by the teacher, is recurrent

EVALUATION METHODS

Theoretical and practical works and written test

MAIN BIBLIOGRAPHY

- Andrews, J., Harrelson & G., Wilk, K. (2012) Physical Rehabilitation of the Injury Athlete, 4^a ed. Philadelphia, Lippincott Williams & Wilkins.
- Clark, M.A., Lucett, S.C. & Sutton, B.G. (2014). NASM's Essentials of Corrective Exercise Training, 1^a ed rev. Massachusetts, J&B LEARNING;
- Clark, M.A., Lucett, S.C. & Sutton, B.G. (2017). NASM's Essentials of Personal Fitness Training, 6^a ed. Philadelphia, Lippincott Williams & Wilkins;

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